

What is Hepatitis?

Advice for prisoners

A

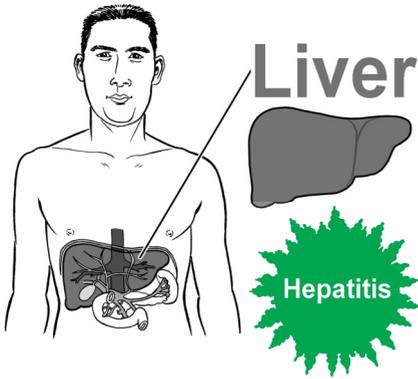
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easy
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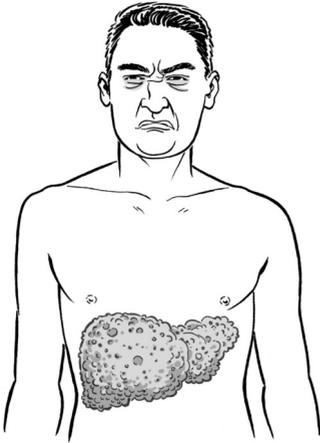
C



What is hepatitis?



Hepatitis is a disease that can seriously damage your liver and make you very ill if you do not get treatment.

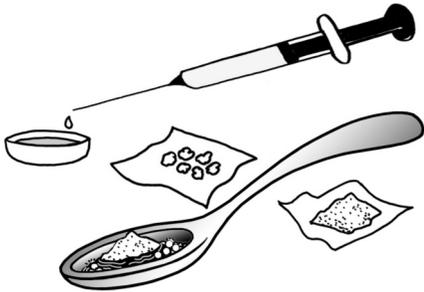
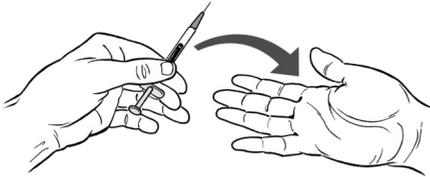


Some types of hepatitis will pass without causing lasting damage to the liver. Other types can last for many years and cause **cirrhosis** which is scarring of the liver.



There are different kinds of hepatitis caused by viruses that can be passed on from person to person in different ways.

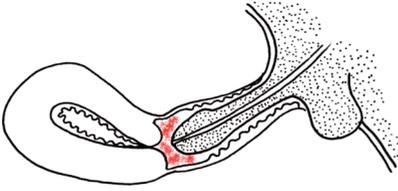
Who is at risk of hepatitis?



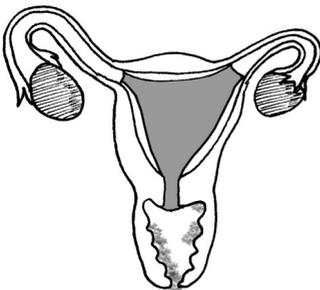
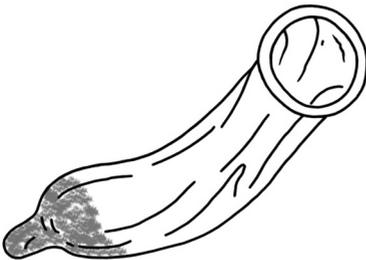
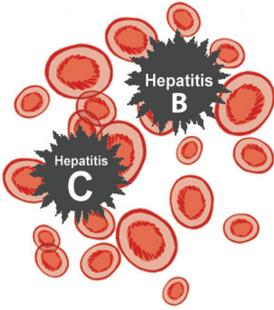
Hepatitis C is a virus passed through blood to blood contact such as:

- Sharing needles for injecting drugs
- Sharing spoons and other drug taking equipment
- Sharing needles for tattooing and body piercing with unclean equipment

Who is at risk of hepatitis?



- Sex (where blood is present)
- Sharing toothbrushes (because of bleeding gums)
- Sharing razors (because people may have cut themselves)
- Medical treatment or tattooing and piercing in foreign countries such as India, Africa, Central and South America, the Far East and Eastern Europe



Hepatitis B can be passed between people through:

- Blood (in the same ways as hepatitis C)
- Saliva
- Semen
- and Vaginal fluids

How do I know if I have hepatitis?

Some people may experience signs of liver failure such as:



Headaches



Feeling sick



Being sick



Muscle and joint pain, a high temperature (fever) of 38C / 104F or more



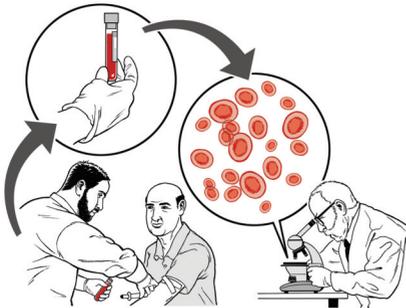
Sometimes a yellowing of the eyes and skin. This is called **jaundice**



Not everyone who has hepatitis will get symptoms they can see. The virus can harm your liver even if there are no signs.



It is important to think carefully about whether you may have been at risk. If you think you might have been at risk you should get tested.



If you do have the virus and do not get treatment you could risk getting chronic liver disease.



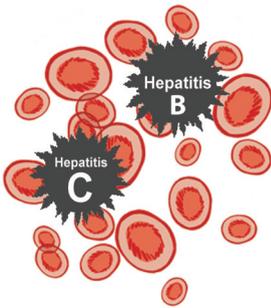
The difference between hepatitis B and C



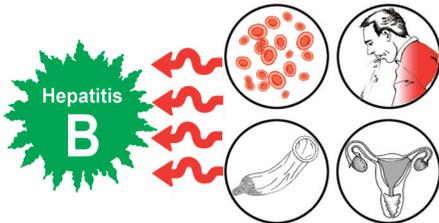
There is a vaccine that protects against getting hepatitis B.



There is no vaccine for hepatitis C.



Both viruses can be caught by blood to blood contact.



Hepatitis B is easier to catch than hepatitis C and can also be passed on through saliva, semen and vaginal fluids.



Hepatitis C can only be passed on where blood is present.



Hepatitis B can be passed on through having unprotected sex with a person who is infected. Hepatitis C is much less likely to be passed on in this way unless blood is present.



There is a very small chance that it is possible to get hepatitis B through kissing. You cannot get hepatitis C through kissing.



Neither virus is easily spread through day to day contact. You cannot get hepatitis B or C by shaking hands, coughing or sneezing or by using the same toilet.

Treatment for hepatitis B and C



There are different treatments for the 2 viruses:

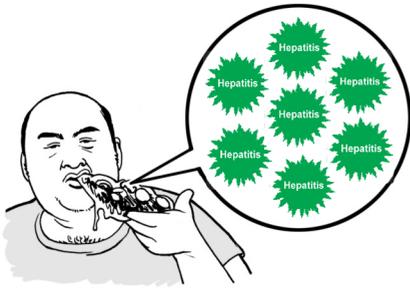
Hepatitis B can be controlled with treatment.

With the right treatment Hepatitis C can be cured in many cases.

All prisons must make sure that prisoners are vaccinated for hepatitis B. Being in prison is a risk factor for getting hepatitis.

Prisoners should get tested for hepatitis C if they think they have been at risk. Treatment should be given by Prison Health Care Services for those who have hepatitis.

Other types of hepatitis

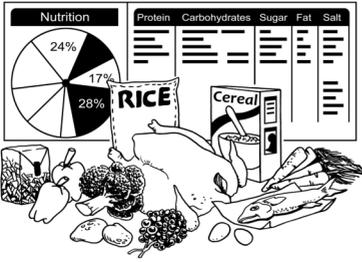


Hepatitis A is more common in countries lacking proper toilets and clean drinking water.

It is usually caught by putting something in your mouth that has had contact with the poo of someone with hepatitis A.

A vaccination can protect you if you travel to countries such as India, Africa, Central and South America, the Far East or Eastern Europe.

Living with hepatitis



If you have hepatitis B or C it is important to have a healthy lifestyle to help you to stay well.



Alcohol, smoking, and eating fatty foods can make liver disease worse.

Being overweight or extreme dieting and eating too little also has a bad affect on your liver.

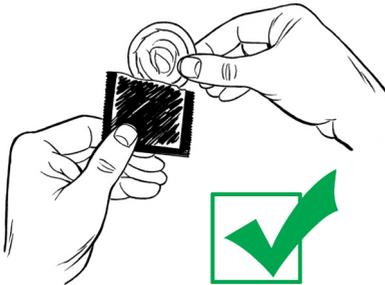
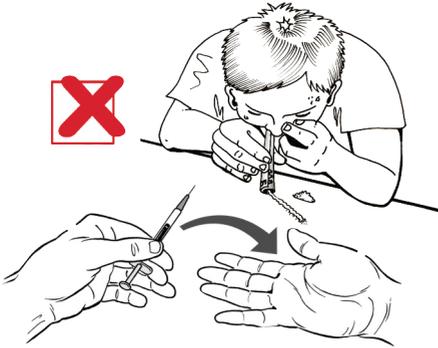


Try to avoid drinking too much alcohol and to stop smoking. Try to eat less fat and eat more fruit and vegetables. Try to keep a healthy weight.



Ask a nurse or doctor for advice on how to do this.

How can I stay safe and free of hepatitis?



- **Never share** needles, syringes, spoons or filters with other drug users. Do not share bank notes or straws to snort cocaine.
- **Avoid fighting and do not bite other people.** Any activity that draws blood can put you at risk.
- **Use a condom** during sex: including anal and oral sex.
- Get **vaccinated** for hepatitis A and B if you are anywhere where the risk is high such as prison or certain high risk parts of the world.

If I am worried, what do I do?



It is important to know if you do have hepatitis so that you can get the right healthcare you need to stay well.

If you are worried that you might have hepatitis see your doctor.



Knowing for certain that you have hepatitis means you can be extra careful not to pass it on to the people you are close to.

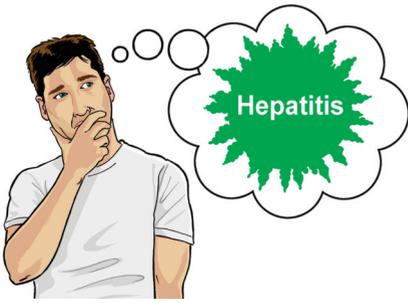
FRANK

0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice



If you take drugs FRANK has a 24 hour advice line where you can get advice about how to stay as safe as possible:

 **0800 77 66 00**



If you are worried about hepatitis the following organisations can give you advice and information:



The Hepatitis C Trust

www.hepctrust.org.uk

helpline@hepctrust.org.uk

Prison Helpline

(10:30am - 4:30pm, Monday-Friday, free of charge):

 **0845 223 4424**



The Hepatitis B Foundation

www.hepb.org.uk

Helpline:

 **08000 46 1911**



The British Liver Trust

www.britishlivertrust.org.uk

Information line:

 **0800 652 7330**



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